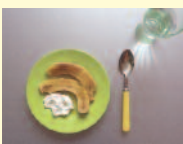




DESSERT Baked banana with Greek yoghurt

12-18 year olds

		12-18 year olds	250 kcal
Baked banana		130g	
Greek yoghurt		50g	

Baked banana

This recipe makes 4 portions of about 130g.

- 4 large bananas
- 4 teaspoons honey
- 4 tablespoons orange juice


1. Slice the bananas in half and lay in a flat bowl suitable for the microwave or grill.
2. Mix the honey and orange juice together and pour over the bananas.
3. Either cover and microwave on high for about 3 minutes until the bananas are soft, or place under a hot grill for 4-5 minutes.

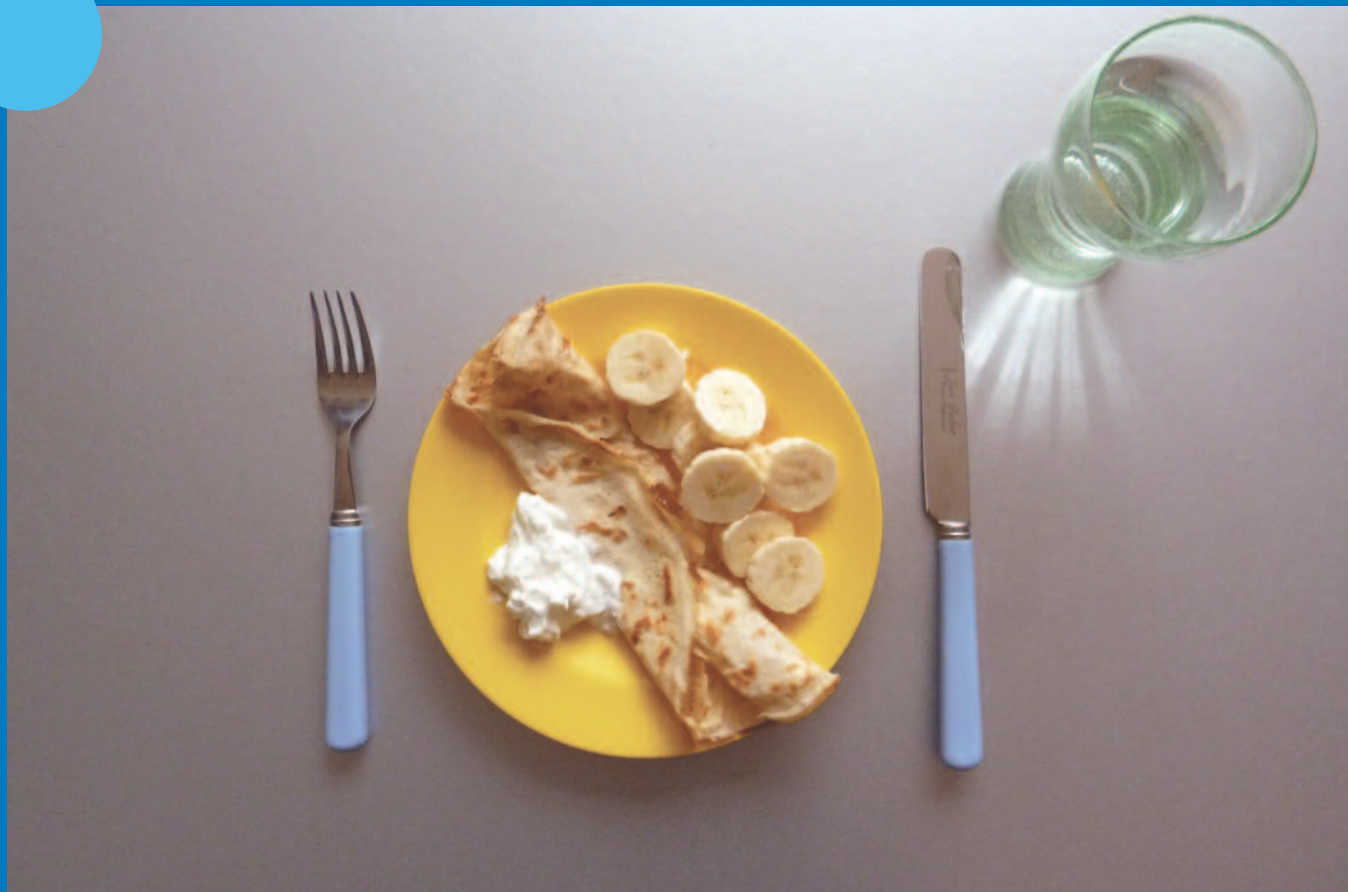




DESSERT **Blackberries and custard**


12-18 year olds

	12-18 year olds	250 kcal
Stewed blackberries	80g	
Custard made with semi-skimmed milk	150g	



DESSERT Pancake with Greek yoghurt and banana

12-18 year olds

		12-18 year olds	250 kcal
Pancake	50g		
Greek yoghurt	30g		
Banana	50g		

Pancakes

This recipe makes 4 portions of about 50g.

- 50g plain flour
- 125ml semi-skimmed milk
- 1 small egg
- 4 dots of butter


1. Place the flour in a bowl, make a well in the centre and add the egg and milk.
2. Using a whisk, beat the batter until smooth.
3. Heat a frying pan and add a dot of butter so that the surface is lightly coated.
4. Add 2 tablespoons of batter to the pan, making sure the bottom of the pan is evenly coated.
5. Cook on both sides until cooked through and lightly brown.
6. Repeat to make all the pancakes.





DESSERT Quick microwave sponge pudding and custard

12-18 year olds

	12-18 year olds	250 kcal
Sponge pudding		60g
Custard		60g

Quick microwave sponge pudding

This recipe makes 4 portions of about 60g.

- 75g vegetable fat spread
- 75g caster sugar
- 75g self-raising flour
- 1 large egg
- 1 tablespoon semi-skimmed milk
- 4 tablespoons of fruit (for example, blackberries, blackcurrants, raspberries or chopped canned fruit)

This recipe is made in the microwave. You will need either 4 small pudding pots (plastic or ceramic), or 1 larger bowl to make one big pudding.

1. Put the fat spread, sugar, flour, egg and milk together in a large bowl and beat together until well mixed and smooth.
2. Place the fruit in the bottom of the individual bowls or large bowl.
3. Divide the sponge mix between the bowls or place in the large bowl.
4. Cover with cling film and microwave on high for 1 minute for an individual pudding, or for about 4 minutes for a large pudding.
5. Remove the cling film and turn the pudding upside down onto a plate.





DESSERT Rice pudding and mandarins

12-18 year olds



12-18 year olds


250
kcal

Low-fat canned rice pudding	200g
Canned mandarins	50g



DESSERT Scone and jam

12-18 year olds

		12-18 year olds	250 kcal
Scone		60g	
Jam		20g	

Scones

This recipe makes 4 portions of about 60g.

150g plain flour
 3 teaspoons baking powder
 10g sugar
 40g vegetable fat spread
 100ml semi-skimmed milk

1. Heat the oven to 220°C / 425°F / Gas 7.
2. Sift the flour and baking powder into a bowl, add the sugar and rub in the fat spread.
3. Mix in the milk to make a soft dough.
4. Gently roll out until the mixture is about 3cm thick.
5. Cut into 4 and make into rounds with your hands.
6. Cook for about 10-12 minutes until risen and lightly browned.

